Breast cancer screening saves lives.

Schedule your mammogram today!

Catholic Health

Suffolk AME
SUFFOLK WORKS BECAUSE WE DO!

Catholic Health is committed to the diagnosis, treatment and prevention of breast cancer. We know that breast cancer screening saves lives, and it may be time for you—or a loved one—to be screened. Take a few minutes to read answers to frequently asked questions about breast cancer screening and schedule an appointment at one of our six convenient locations across Long Island if it's your time to be screened.

What is a screening mammogram?

Mammography imaging uses low doses of X-rays to screen for breast cancer and breast changes. Regular mammograms can help find breast cancer at an early stage, which results in better long-term outcomes and cure rates.

Who should get a screening mammogram?

The American Cancer Society recommends the following:

- Women at the age of 40 with average breast cancer risk. A woman is considered to be at average risk if she doesn't have a personal history of breast cancer, a strong family history of breast cancer or a genetic mutation known to increase risk of breast cancer (such as in a BRCA gene) and has not had chest radiation therapy before the age of 30.
- Women between 40 and 44 have the option to start screening with a mammogram every year.
- Women 45 to 54 should get mammograms every year.
- Women 55 and older can switch to a mammogram every other year or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.

What is the difference between a screening and a diagnostic mammography?

A mammogram is an X-ray picture of the breast. Screening mammograms are used to check for breast cancer in women who have no signs or symptoms of the disease. Diagnostic mammograms are used to check for breast cancer after a lump or other sign or symptom has been found.

How much does a screening mammogram cost?

Your health plan may cover the cost of a screening mammogram for eligible members at no cost to the member. Please check with your health insurance company for details.

Why should I schedule a mammogram with a Catholic Health Women's Health Imaging Center?

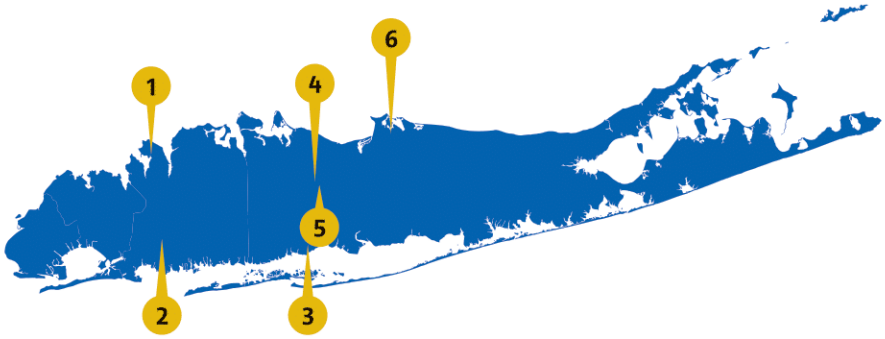
- Catholic Health's centers have the most current state-of-the art imaging technology available.
  - **Digital Breast Tomosynthesis** (3D-Mammography) with Computer-Aided Detection (CAD) uses low doses of x-rays to look at the breast tissue and detects cancers that may be too small for you or your doctor to feel. This technology affords sharp images with thin sections through the breast through computer generated imaging.
  - **Ultrasound (Breast) or Ultrasonography** is a non-invasive imaging technique that uses high-frequency sound waves for viewing the breast. Ultrasound can distinguish a cyst from a solid lesion, which may rule out the need for a biopsy.
  - **MRI (Breast)** uses magnets and radio waves to produce detailed 3-dimensional images of the breast tissue.
- Catholic Health's Board-Certified Radiologists are specially trained in and dedicated to breast imaging. They are available during most office hours to provide same day results.
- Catholic Health will send your results to your OB/GYN or Primary Care Physician to keep them informed. If you use Catholic Health's MyChart, the results will be posted there, as well. Catholic Health will contact you if you have an abnormal result.
- Catholic Health offers comfortable settings at six convenient locations and easy scheduling throughout Nassau and Suffolk counties.
- If abnormal findings are discovered, further tests will determine next steps. Catholic Health Cancer Institutes offer full service cancer treatment options including fellowship trained breast surgeons, breast specialized radiologists, medical and radiation oncologists, along with cancer clinical trials, navigation, genetic counseling, social work and nutrition services.

What else? We have a few tips for getting a mammogram:

- If you are due for a mammogram and have been recently vaccinated for COVID-19, ask your doctor how long you should wait after vaccination to get your mammogram.
- Try not to have your mammogram the week before or during your period because your breasts may be tender or swollen.
- Don't wear deodorant, perfume, or powder on the day of your mammogram. These products can show up as white spots on the X-ray.
- Wear a blouse or top with pants/skirt rather than a dress. You'll be asked to undress from your waist up for the mammogram, and it'll be more comfortable and convenient for you.

Where can I get a mammogram?

You can get a screening mammogram at any of following locations. Choose the center that is most convenient for you and call the number provided.



Medical Director Nurse Navigator	Imaging	Days and Hours of operation	Certifications	Parking/other logistics
1. The Women's Health Center of St. Francis Hospital & Heart Center®, DeMatteis Center, 101 Northern Boulevard, Greenvale, NY 11548 (516) 705-6627				
Angela Capo-Granata, MD	• Digital Breast Tomosynthesis (3D - Mammography) with Computer-Aided Detection (CAD) • Breast ultrasound • Breast MRI	Monday – Friday 7:30 am – 4:30 pm Tuesdays 7:00 am – 7:00 pm	• American College of Radiology (ACR) • Designated Breast Imaging Center of Excellence	Convenient, ample parking.
2. Bishop McGann Women's Imaging Center at Mercy Hospital, 1000 North Village Avenue, Rockville Centre, NY 11570 (516) 626-3729				
Jonathan Lerner, MD Alice Kim, MD Misoon Baek, RN	• 2D and 3D Digital Breast Tomosynthesis with Computer-Aided Detection (CAD) • Breast MRI • Breast ultrasound • Molecular Breast Imaging (MBI)	Monday – Friday 7:30 am – 4:30 pm One Saturday a month evening or weekend appointments upon request	• American College of Radiology (ACR) • Designated Breast Imaging Center of Excellence • Certified Patient Imaging Navigators	Separate entrance from hospital with parking. Pink Aid payment assistance to the under-and non-insured.
3. Women's Imaging Center at Good Samaritan Hospital, 735 Montauk Highway, West Islip, NY 11795 (631) 376-4440				
Alice Kim, MD Bonnie Edsall, RN	• Digital Breast Tomosynthesis (3D - Mammography) with Computer-Aided Detection (CAD) • Breast ultrasound • Breast MRI	Monday – Tuesday 7:00 am – 7:30 pm Late hours 3:30 pm – 7:30 pm (for screening appointment only) Wednesday, Thursday, Friday – 7:00 am-5:00 pm One Saturday a month.	• American College of Radiology (ACR) • Designated Breast Imaging Center of Excellence • NAPBC	Freestanding building, easy parking near entrance.
4. Siena Women's Health Outpatient Diagnostic Pavilion, 50 Route 25A, Smithtown, NY 11787 (631) 862-3606				
Alice Kim, MD Meiling Alsen, MSN/ED, RN, OCN, CBCN,	• Digital Breast Tomosynthesis (3D - Mammography) with Computer-Aided Detection (CAD) • Breast ultrasound • Breast MRI	Monday – Saturday 7:30 am – 4:00 pm Please check with bookers regarding Saturdays as hours may differ.	• American College of Radiology (ACR) • Designated Breast Imaging Center of Excellence • NAPBC	Convenient, designated parking directly in front of the pavilion at Lot 7.
5. St. Catherine of Siena Diagnostic Imaging, 500 Commack Road, Commack, NY 11725 (934) 223-7171				
Stephanie Sims, MD Christine Wernersbach, RN	• Digital Breast Tomosynthesis (3D - Mammography) with Computer-Aided Detection (CAD) • Breast ultrasound • Breast MRI	Monday – Friday 8:30 am – 4:00 pm	• American College of Radiology (ACR)	Convenient, ample parking.
6. St. Charles Hospital Department of Radiology, 200 Belle Terre Road, Port Jefferson NY, 11777 (631) 474-6163				
Alice Kim, MD	• Digital Breast Tomosynthesis (3D - Mammography) with Computer-Aided Detection (CAD) • Breast ultrasound • Breast MRI	Monday – Friday 7:30 am – 3:30 pm Please check with bookers regarding Saturdays as hours may differ.	• American College of Radiology (ACR)	The radiology Department is located on the ground floor of St. Charles Hospital. Handicap parking is available.